



Merry  
Christmas!



### Register Now!!

- Email:  
[info@arccancersupport.ie](mailto:info@arccancersupport.ie)
- or call us on (01) 215 0250.

### One-to-One Appointments

Available free of charge:

- Counselling for adults (phone, online or in-person)
- Child, Teen & Young Adult Therapy (South Circular Road + Eccles Street)
- Acupuncture & Reflexology
- Manual Lymph Drainage (SCR)
- Roches Wigs & Breast Care Clinic – Thursdays (Eccles Street)
- To book: 01 492 6829

Services will pause from Friday 12 Dec and resume on Monday 05 Jan.

**While the Drop-in support will still be available from**

**Dec 15th -19th, (Mon-Thurs: 10am – 4pm) & (Fri – 10am-2pm).**

*We hope you all have a happy and peaceful Christmas and wish you all the best for 2026.*

**December  
at ARC  
Supports for you and  
your family**

**Workshops, classes  
and one-to-one  
support at no cost!**

- 65 Eccles Street, Dublin 7
- 559 South Circular Road, Dublin 8
- 23 Herbert Ave, Dublin 4

**ARC offer's a warm, safe  
and supportive space for  
anyone affected by  
cancer.**

Registered Charity Number:  
20028428  
[www.arccancersupport.ie](http://www.arccancersupport.ie)

## **Zoom Support Groups- (Free to join!!)**

### **Breast Cancer Support Group**

Wed 03 Dec:  
5:00pm – 6:15pm

### **Prostate Cancer Support Group**

Fri 05 Dec:  
10:30am – 11:30am

### **Gynaecological Cancers Support Group**

Wed 10 Dec:  
10:45am – 12:15pm

### **Secondary Cancer Support Group**

Wed 10 Dec:  
1:30pm – 2:45pm

## **Monthly Support Groups**

**In-house  
Mindfulness Class**  
**Thurs 2:30pm-3:30pm**

**Location:** Eccles Street Centre

**Breathwork Workshop**  
**Friday - 5<sup>th</sup> Dec**  
**10.00am to 12.00pm**

**Location:** Eccles Street

Mondays Pilates  
12:00pm – 1:00pm  
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Wednesdays Yoga  
9:30am – 10:30am  
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Thursdays Mindfulness  
2:30pm – 3:30pm

## **Upcoming Courses 2026!! (Jan/Feb)**

### **CLIMB® Programme (Children 5-12)**

7 sessions | Tuesdays | Starting 20 Jan 2026  
| 4:00–5:15pm (South Circular Centre)  
7 sessions | Wednesdays | Starting 28 Jan  
2026 | 3:45–5:00pm (Eccles Street)

### **Yoga for Emotional Release (Adults)**

8 sessions | Thursdays | Starting 14  
Jan 2026 | 12:30–1:30pm (SCR)

### **EMPOWER: Cancer and Menopause (Adults)**

8 sessions | Wednesdays | Starting 17 Feb  
2026 | 10:00am–12:00pm (SCR)

### **Stanford Thrive & Survive Programme (Adults)**

6 sessions | Fridays | Starting 13 February  
2026 | 10:00am–12:30pm (SCR)